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# ARTERIOSCLEROSIS.

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This is a hardening of the arteries by the deposit of fat-acids, some of them solid and stony, in the muscular coat. It is a degeneration more commonly found in the temporal artery and the arteries at the base of the brain. The latter often rupture and cause apoplexy. The former look like stony waterducts, crooked like a river in a marsh, on the patient's temples. The essence of arteriosclerosis is a deposit of crystals of cholesterin. It is the same as the old-fashioned atheroma commonly found in the arch of the aorta in ulcerated patches, sometimes roughening the aorta and hindering the blood-stream. Cholesterin is a fat-acid found in the bile (whence its name) and weakly soluble in bile. It is a common source of gall-stone deposit when the bile is abnormally thickened. Cholesterin crystallizes in parallel-ogram tablets with a characteristic reëntrant angle at one end.

A primipara had severe postpartum convulsions with facial paralysis, urine two-thirds albuminous. The placenta presented large, oval, semi-whitish tumors, apparently cancerous, but which proved to be immense aggregations of cholesterin crystals attached to and accumulated on the placental tufts by one long side, so that the feel was as if you touched very sharp file-edges. One-third of the placenta was taken up by said cholesterin calculi (they might be called), coming entirely from the maternal blood.

These things being so, why not treat arteriosclerosis as this puerperal case was treated twenty-six years ago and now lives in good average health? That is, as a case of fatty ill. Stop all foods that make fat. Take advantage of food-metabolism that changes our bodies once in seven years, but

really (in the writer's opinion) in seven months, save the hair, teeth, and nails. This gives access to the arterial muscular coats in a natural way, *i.e.*, nature's surgery.

Have the menstrea of cholesterin and all crystals dilute enough to prevent crystallization. Give water enough to keep the urine at 1015 to 1020 specific gravity. To repeat, had the menstrea of cholesterin been normal, their crystals would not have been deposited in place of muscle. The law of deposition is the same inside the body systemic as outside. Again, replace the normal specific gravity of the blood by a dense gravity, and the circulation is retarded and impeded. So here are two distinct causes of cholesterin deposit, to repeat: (1) greater than normal density of the blood and urine, consequently (2) slower circulation of blood and retarded osmosis. Remove these, and natura naturans ought to cure arteriosclerosis, which food from the botanic kingdom produced, according to the dictum of a physician, president of a vegetarian society in Germany, who resigned, saying that his "stony temporal arteries meant death." We don't know how he came out, but we feel sure that if he lived on lean animal food, or whites of eggs, drank water enough to have the urine as aforesaid, and avoided starches, sugars, sweets, and fats (some butter moderately), in seven months, other things being equal, he would have found that normal metabolism had removed somewhat the cholesterin and replaced the normal muscular arterial coats. If this is doubted, to attempt this would be far better than to say arteriosclerosis is incurable and that all one can do is to smooth the path to destruction.

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